Last updated: April, 2012

Families and Schools Together (FAST)

Program description:
Families and Schools Together is a multi-family, after school program. Originally developed to serve young school-age children at risk of school failure, the program is now also offered universally in schools with high rates of poverty and other risk factors. The goals of the program are to increase parent involvement in schools, strengthen the parent-child relationship, reduce stress by developing parent support groups, and prevent substance abuse by the child and family. Groups of 8 to 12 families meet for 8 consecutive weeks for two and one-half hours after school or early in the evenings. Meetings are facilitated by team of trained facilitators and involve experiential learning, parent-child play, and a shared meal.

Typical age of primary program participant: 8
Typical age of secondary program participant: N/A

Meta-Analysis of Program Effects

| Outcomes Measured | Primary or Secondary Participant | No. of Effect Sizes | Unadjusted Effect Sizes (Random Effects Model) | | | Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis | | | | | |
| | | | | | | First time ES is estimated | | | Second time ES is estimated | | |
			ES	SE	p-value	ES	SE	Age	ES	SE	Age
Test scores	P	3	0.10	0.13	0.43	0.02	0.13	8	0.01	0.07	17
Externalizing behavior symptoms	P	5	-0.30	0.12	0.01	-0.18	0.12	8	-0.07	0.05	13
Internalizing symptoms	P	5	0.04	0.11	0.71	0.01	0.11	8	0.00	0.05	13

Benefit-Cost Summary

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2.

| Program Benefits | | | | | Costs | Summary Statistics | | | |
Partici-pants	Tax-payers	Other	Other Indirect	Total Benefits		Benefit to Cost Ratio	Return on Invest-ment	Benefits Minus Costs	Probability of a positive net present value
$907	$775	$535	$393	$2,610	-$1,759	$1.48	4%	$851	52%

Detailed Monetary Benefit Estimates

| Source of Benefits | Benefits to: | | | | |
	Partici-pants	Tax-payers	Other	Other In-direct	Total Benefits
Crime	$0	$22	$64	$11	$97
Earnings via test scores	$749	$275	$0	$143	$1,167
Health care costs for disruptive behavior symptoms	$158	$478	$471	$239	$1,346

Detailed Cost Estimates

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The uncertainty range is used in Monte Carlo risk analysis, described in Technical Appendix 2.

| Program Costs | | | Comparison Costs | | | Summary Statistics | |
Annual Cost	Program Duration	Year Dollars	Annual Cost	Program Duration	Year Dollars	Present Value of Net Program Costs (in 2011 dollars)	Uncertainty (+ or – %)
$1,694	1	2009	$0	0	2009	$1,761	10%

Source: Kratochwill (2009) provided costs for the program evaluated in Madison WI. Implementation (actual presentation of the program) cost $1194 per child, plus an average cost of $500 per child to train the program faciliators. See Kratochwill, T. R., McDonald, L., Levin, J. R., Scalia, P. A., & Coover, G. (2009). Families and Schools Together: An experimental study of multi-family support groups for children at risk. Journal of School Psychology, 47(4), 245-265.

Cumulative Net Cash Flows Over Time (Non-Discounted Dollars)
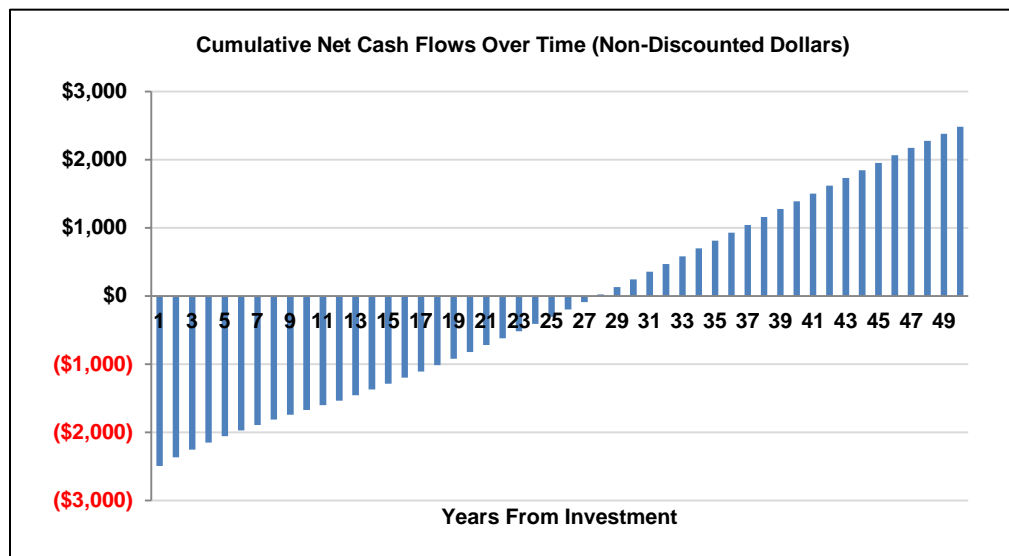
Multiplicative Adjustments Applied to the Meta-Analysis

Type of Adjustment	Multiplier
1- Less well-implemented comparison group or observational study, with some covariates.	1.00
2- Well-implemented comparison group design, often with many statistical controls.	0.75
3- Well-done observational study with many statistical controls (e.g., IV, regression discontinuity).	.075
4- Random assignment, with some RA implementation issues.	0.50
5- Well-done random assignment study.	0.50
Program developer = researcher	0.50
Unusual (not "real world") setting	0.5
Weak measurement used	0.5

Studies Used in the Meta-Analysis

Kratochwill, T. R., McDonald, L., Levin, J. R., Scalia, P. A., & Coover, G. (2009). Families and Schools Together: An experimental study of multi-family support groups for children at risk. *Journal of School Psychology*, 47(4), 245-265.

Kratochwill, T. R., McDonald, L., Levin, J. R., Young Bear-Tibbetts, H., & Demaray, M. K. (2004). Families and Schools Together: An experimental analysis of a parent-mediated multi-family group program for American Indian children. *Journal of School Psychology*, 42(5), 359-383..

Layzer, J. I., & Webb, M. B. (2001). National Evaluation of Family Support Programs, Volume B: Research Studies (Final report). Cambridge, MA: Abt Associates. http://www.abtassociates.com/reports/NEFSP-VolB.pdf

McDonald L. (2003) The Asian American FAST Project: Hmong Adaptation of Families and Schools Together. Madison, WIS: WCER.

McDonald, L., Moberg, D. P., Brown, R., Rodriguez-Espiricueta, I., Flores, N. I., Burke, M. P., & Coover, G. (2006). After-school multifamily groups: A randomized controlled trial involving low-income, urban, Latino children. *Children and Schools*, 28(1), 25-34.